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Duck Recipes

Smoked Boneless Duck Breast

The Cheating Gourmet ~ A deceptively simple, "too good to be true" recipe for a delicious and fast dinner for 4

Ingredients:

- 2 King Cole fully cooked Smoked or Smoked/Peppered boneless duck breasts.
- Knorr Alfredo Sauce (1 pkg.)
- Fresh pasta. Fettuccini noodles are our fave!
- Your favourite stir-fry veggies: Carrots, zucchini, red onions, mushrooms, sweet peppers and snow peas all work well in this dish.
- Parmesan Cheese - optional: Salt & Pepper to taste.

Prep/Directions:

1. Chop stir-fry vegetables to your desired size.
2. Score skin of duck breasts. (cut skin in criss-cross pattern)
3. Place each breast skin side down in non-greased skillet for approx. 10 minutes on med-high heat. Cover.
Hint: You will note the fat drawn from the skin during the heating process. This is a good thing as the fat makes the meat moist & rich.
4. Remove duck breast from skillet; skin should be crisp. Keep warm. Save 1 tbsp. liquid fat drippings. (save or discard the rest)
5. Stir-fry vegetables in duck fat until crisp. (Amazing flavour!)
6. Prepare fresh noodles as directed. Prepare Knorr sauce as directed. Keep warm, stirring periodically.
7. Slice duck breast thinly and add to skillet with vegetables; toss.
8. Drain noodles, add veggies and duck, toss.
9. Top with Alfredo Sauce and serve. (Parmesan optional)

King Cole Ducks Ltd.
1-800-363-DUCK (toll free in Canada/U.S.)
Tel: (905) 836-9461 Fax: (905) 836-4440
Hours ~ Monday thru Friday: 8am ~ 5pm ET